IN THE CLAIMS

Please amend the claims as follows:

- 1-8. (Canceled)
- 9. (New) A method of regenerating a pressing mold having a molding surface, said molding surface having a film containing carbon which is deteriorated by pressing, comprising:

removing the deteriorated film by etching with plasma of a gas containing hydrogen; and

forming a film containing carbon on the molding surface.

- 10. (New) The method of Claim 9 wherein the gas contains hydrogen and argon.
- 11. (New) The method of Claim 9 further comprising cleansing the molding surface with a solution of an acid or an alkali prior to the removing of the film.
- 12. (New) A method of regenerating a pressing mold having a molding surface, said molding surface having a film containing carbon which is deteriorated by pressing, comprising:

removing the deteriorated film by a treatment with ozone; and forming a film containing carbon on the molding surface.

- 13. (New) The method of Claim 12 wherein the ozone is generated by ultra-violet radiation.
- 14. (New) The method of Claim 13 wherein the pressing mold is heated to 100°C to 600°C when the treatment is carried out.
- 15. (New) The method of Claim 13 further comprising cleansing the molding surface with a solution of an acid or an alkali prior to the removing of the film.
- 16. (New) A method of manufacturing an optical glass element with a pressing mold, said pressing mold having a molding surface comprising a film containing carbon,

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comprising:

press molding a heat-softened glass material with the pressing mold; cooling the press molded glass material in the pressing mold; and taking out the press molded glass material from the pressing mold,

wherein the pressing mold is regenerated by removing a film containing carbon by etching with plasma of a gas containing hydrogen, and forming the film containing carbon on the molding surface.

- 17. (New) The method of Claim 16 wherein the gas contains hydrogen and argon.
- 18. (New) The method of Claim 16 wherein the molding surface is cleansed with a solution of an acid or an alkali prior to the removing of the film.
- 19. (New) A method of manufacturing an optical glass element with a pressing mold, said pressing mold having a molding surface comprising a film containing carbon, comprising:

press molding a heat-softened glass material with the pressing mold; cooling the press molded glass material in the pressing mold; and taking out the press molded glass material from the pressing mold,

wherein the pressing mold is regenerated by removing a film containing carbon by a treatment with ozone, and forming the film containing carbon on the molding surface.

- 20. (New) The method of Claim 19 wherein the ozone is generated by ultra-violet radiation.
- 21. (New) The method of Claim 19 wherein the pressing mold is heated to 100°C to 600°C when the treatment is carried out.
- 22. (New) The method of Claim 19 wherein the molding surface is cleansed with a solution of an acid or an alkali prior to the removing of the film.

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23. (New) The method of Claim 16 wherein the molding surface comprises a surface roughness of 20 nm or less in terms of Rmax.

24. (New) The method of Claim 16 wherein the optical element comprising phosphate glass, fluorophosphate, or borate glass.